Rice Perfect Deluxe 7

7 cup ‘Jar Style’ Rice Cooker with steamer

Instruction/Recipe Booklet

RC5600

Please read these instructions carefully and retain for future reference.

Contents

Sunbeam's Safety Precautions	**1**
Features of your Rice Perfect Deluxe 7	**2**
Using your Rice Perfect Deluxe 7	**4**
Care and Cleaning	**5**
Rice	**6**
Recipes	**7**
Sushi	**12**
Making Sushi	**13**
Steaming Times	**14**
Steaming Vegetables	**15**
Steaming Fish and Seafood	**16**
Steaming Poultry	**16**

تأكد من تفهّم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید که احتیاطهای بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM RICE PERFECT DELUXE.

- Do not operate the rice cooker on an inclined surface. Use a flat level surface.
- Do not move or cover the rice cooker whilst in operation. Unplug before moving.
- Do not immerse the heating vessel of the rice cooker in water or any other liquid.
- Use your rice cooker at least 200mm away from walls and curtains.
- Do not put your face or hands over the steam vent whilst cooking as you may scald your skin.
- Do not use your rice cooker in confined spaces.
- Remove the power cord before cleaning the rice cooker.
- After cleaning ensure that the cord inlet area is completely dry before using again.
- Allow cooking bowl to cool before removing.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your Rice Perfect Deluxe 7

Removable steaming tray
Ideal for steaming fish and vegetables. Removable for easy cleaning.

Non-stick Removable Cooking Pan
Lightweight pan distributes heat evenly for perfectly cooked rice every time. The non-stick pan is removable for easy cleaning.

Serving Spoon Holder
For convenient storage of spoon whilst rice is cooking.

Safety Latch
Securely locks lid in place to seal in heat.

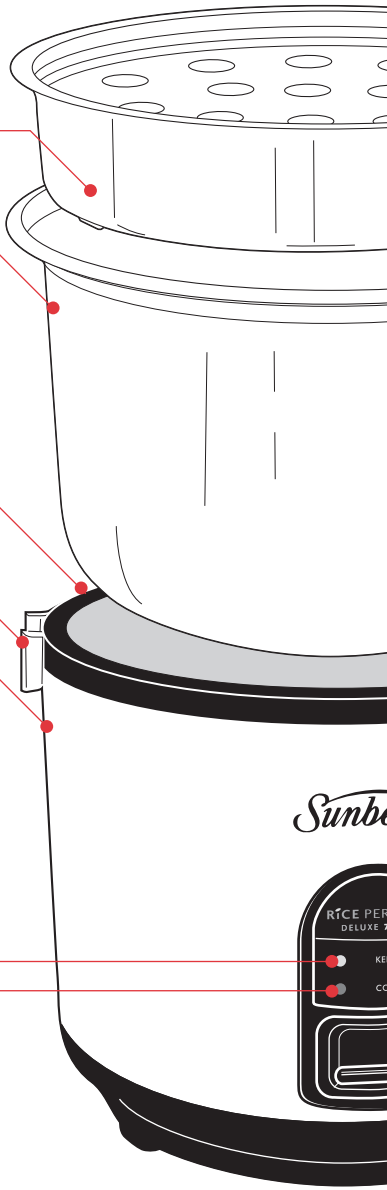
Heating Vessel

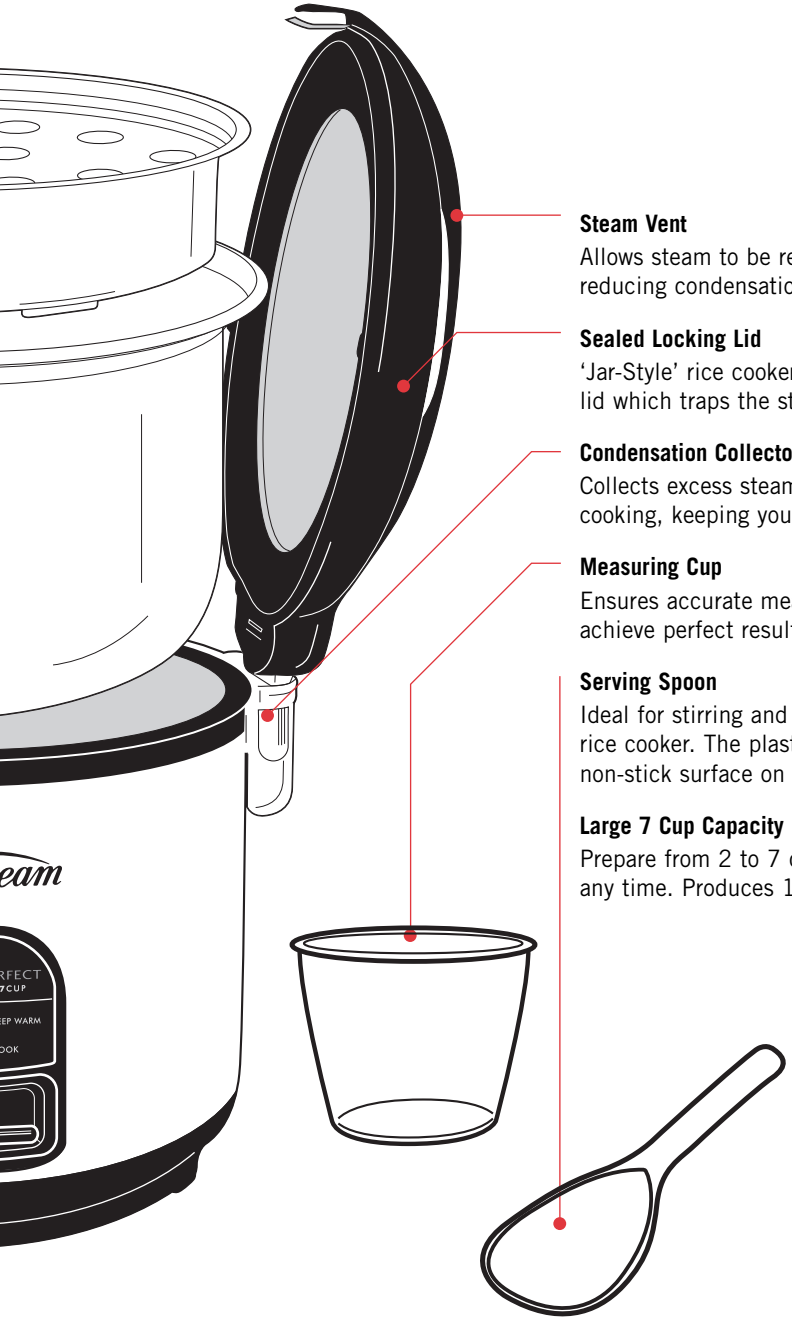
Keep Warm Light
Illuminates to indicate that your Rice Perfect Deluxe 7 is in the KEEP WARM mode.

Keep Warm Function
Keeps your rice warm until you are ready to serve it.

Cook Light
Illuminates to indicate that your Rice Perfect Deluxe 7 is in the COOK mode.

Automatic Control
Depress the lever to commence the COOK mode. The control automatically switches to KEEP WARM mode when the rice is cooked.





Steam Vent

Allows steam to be released while cooking, reducing condensation.

Sealed Locking Lid

'Jar-Style' rice cooker with a sealed locking lid which traps the steam inside the vessel.

Condensation Collector

Collects excess steam droplets whilst cooking, keeping your bench dry and clean.

Measuring Cup

Ensures accurate measuring of rice to achieve perfect results every time.

Serving Spoon

Ideal for stirring and serving rice from the rice cooker. The plastic will not scratch the non-stick surface on the cooking pan.

Large 7 Cup Capacity

Prepare from 2 to 7 cups of uncooked rice at any time. Produces 14+ cups of cooked rice.

Using your Rice Perfect Deluxe 7

1. Before using your Rice Perfect Deluxe 7 for the first time wash the cooking pan, measuring cup and serving spoon in warm soapy water. Rinse and dry thoroughly.

   Position the serving spoon holder to the side of the heating vessel and condensation collector below the lid hinge. Refer to illustration on previous page.
2. Using the measuring cup provided, measure out the required quantity of rice.

   NOTE: 1 level cup measure = 180mls.

   1 cup of uncooked rice = 2 cup of cooked rice (approximately).
   Min. quantity of uncooked rice = 2 cups
   Max. quantity of uncooked rice = 7 cups
3. Using a sieve, wash rice thoroughly under cold water before cooking. This removes excess starch which helps to achieve fluffier rice.

   NOTE: A fine mesh sieve is the most effective way to wash rice. Run water through rice until the water runs clear not milky.
4. Ensuring that the exterior of the cooking pan is clean and dry, place it inside the heating vessel.
5. Place the washed rice in the removable pan. Add cold water to the level indicated on the inside of the removable pan. See cooking charts on page 6.
6. Close the lid until the latch clicks and lid is fully closed.
7. Insert the plug into a 230-240 volt power outlet and turn the power on. (The "COOK" light will illuminate).
8. Depress the automatic control lever to "COOK" to begin the cooking cycle. The "COOK" light will stay illuminated.

   NOTE: DO NOT put your face or hands over the steam vent while cooking.
9. When cooking is complete, your Rice Perfect Deluxe 7 will automatically switch to "KEEP WARM" mode and the "KEEP WARM" light will illuminate. DO NOT open the lid until steaming has stopped.
10. Allow rice to stand in the "KEEP WARM" mode for 5-10 minutes (2-4 cups rice) and 10-15 minutes (5-7 cups rice), with the lid closed before serving. DO NOT use metal utensils as these will scratch the non-stick coating. Allow cooking pan to cool before removing.

    NOTE: If the lid is opened immediately the condensation collector may overflow.
11. The "KEEP WARM" cycle will continue until the power is switched off. If keeping the rice warm, stir to release steam, then close lid. Rice can be kept warm in the Rice Perfect Deluxe 7 for up to 2 hours. After 2 hours rice should be refrigerated for storage, if required.

    NOTE: During operating – do not open the lid as this may affect cooking results. Do not interfere with the automatic control lever. Do not keep less than 2 cups of rice in the cooker for extended periods of time on "KEEP WARM" mode as the rice becomes dry and the quality will deteriorate.

Care and Cleaning

After using your Rice Perfect Deluxe 7, turn the power off and remove the cord from the power outlet.

The removable pan, condensation collector, measuring cup, steaming tray, serving spoon and holder should be washed in warm water using a mild detergent. **DO NOT** use harsh abrasives to clean the removable cooking pan as these will damage the non-stick coating. The interior and exterior of the cooking vessel can be wiped over with a damp cloth.

CAUTION: Never immerse the heating vessel in water.

DO NOT place any part of your Rice Perfect Deluxe 7 in a dishwasher. The hot water temperatures and harsh detergents may warp or stain the parts.

CAUTION: Never use any chemical, steel wool, harsh abrasive cleaners, thinners or chemical dust cloths to clean any part of your Rice Perfect Deluxe 7.

WARNING: Do not allow water to enter the inside of the heating vessel as this may cause electrocution.

Rice

WHITE RICE

USING CUP PROVIDED (uncooked rice Qty)	CONVERSION TO METRIC MEASURE (uncooked rice Qty)	Fill to Water Level Indicator	Approximate Cooking Time
2	1 1/3 cups (265g)	2	16 minutes
3	2 cups (400g)	3	17 minutes
4	2 2/3 cups (530g)	4	22 minutes
5	3 1/3 cups (665g)	5	24 minutes
6	4 cups (800g)	6	28 minutes
7	4 2/3 cups (930g)	7	32 minutes

BROWN RICE

USING CUP PROVIDED (uncooked rice Qty)	CONVERSION TO METRIC MEASURE (uncooked rice Qty)	Fill to Water Level Indicator	Approximate Cooking Time
2	1 1/3 cups (265g)	2	23 minutes
3	2 cups (400g)	3	31 minutes
4	2 2/3 cups (530g)	4	35 minutes
5	3 1/3 cups (665g)	5	37 minutes
6	4 cups (800g)	6	39 minutes
7	4 2/3 cups (930g)	7	44 minutes

Tips for cooking rice

– Results may vary depending on type of rice used.

– For fluffier rice, add a little extra water and for firmer rice, add a little less water.

– Should you happen to add too much extra water, the excess water may overflow during cooking. Sometimes it is a good idea to cook the rice with the recommended quantity of water first and then if the rice is still crunchy, a little extra water can be stirred through and the 'COOK' lever activated again.

– Cup measure provided equals approximately 135g of rice. If you misplace the measuring cup provided please refer to the quantities using a metric cup in the table(s) following. Please note that cooking times may vary due to slight differences between the cup provided and a metric cup.

Recipes

NOTE: Ensure rice has been thoroughly washed under cold water before cooking to prevent rice grains from sticking to pan.

Coconut Rice

4 cups Jasmine rice
400ml (can) coconut cream or lite coconut milk
600ml water
1 tbsp sugar (optional)
2 lime leaves (optional)

Place all ingredients in the removable pan and mix well. Cook with lid on. Allow 10 minutes on warm function before serving.

Approx. time 20 minutes.

Saffron Rice

Add 1/4 teaspoon of saffron for every 2 cups of water used to cook white rice. Add a little pepper and salt to taste. Mix well.

Savoury Rice

Use chicken or beef stock in place of water to cook rice.

Spicy Rice

Cook saffron rice as directed above.
When cooked, add 1/2 teaspoon curry powder, 1/2 teaspoon chinese 5 spice powder and 1/2 cup sultanas, for every 2 cups of rice.

Tasty Rice Rissoles (Makes approx 10)

2 tablespoons (40g) butter or margarine
1 onion, finely chopped
1/2 teaspoon curry powder
2 cups brown rice, cooked in Rice Perfect Deluxe 7
1 zucchini, grated
1 carrot, grated
1/4 cup finely chopped parsley
200g pumpkin, cooked and mashed
1/2 cup unprocessed bran
1/4 teaspoon ground sage
1/4 teaspoon ground cumin seeds
2 eggs, lightly beaten
2 tablespoons mayonnaise
1/4 cup peanut butter
breadcrumbs for coating
oil for shallow frying

1. Melt butter or margarine in a pan. Lightly sauté onion and curry powder. Transfer to a large bowl. Add rice, zucchini, carrot, parsley, pumpkin, sage and cumin. Mix well.
2. Combine eggs, mayonnaise and peanut butter and mix well. Add rice and vegetable mixture, combine all ingredients.
3. Shape mixture into approximately 10 rissoles. Coat in breadcrumbs.
4. Heat oil in frypan on high heat. Fry rissoles until golden brown. Serve with salad.

Fruit and Nut Rice **(Serves 6-8)**

4 cups saffron rice, cooked in Rice Perfect Deluxe 7
2 green onions, chopped
1 cup chopped dried apricots
1 cup chopped prunes
1/2 cup sultanas
1 cup cashews

1. Toss green onions, fruit and nuts through rice when Rice Cooker switches to "KEEP WARM". Allow to stand 10 minutes.
2. Serve as an accompaniment to curry or spicy dishes.

Fried Rice **(Serves 6-8)**

1 tablespoon (20g) butter or oil
3 eggs, lightly beaten
1 clove garlic, peeled and finely chopped
1/2 tablespoon grated fresh ginger
1 red capsicum, chopped into 1.5cm pieces
4 rashers bacon, roughly chopped
4 green onions, sliced
1 x 225g canned pineapple pieces, drained
1/2 cup frozen peas
4 cups white rice, cooked in Rice Perfect Deluxe 7
1 tablespoon soy sauce

1. Melt butter or margarine in a frypan on high heat. Add eggs to pan fry as for an omelette. Remove from pan and roughly chop.
2. Lightly sauté garlic, ginger, capsicum and bacon. Add green onions, pineapple and peas and cook for approximately 2 minutes.
3. Add rice and chopped egg to frypan. Gently toss to combine. Add soy sauce and mix thoroughly. Heat through before serving.

Creamy Mushroom Risotto **(Serves 4)**

2 tablespoons olive oil
80g butter
1 onion, chopped finely
1 clove garlic, crushed
2 cups (metric) uncooked Arborio rice
1 cup dry white wine
1 litre chicken stock, hot
200g Swiss brown mushrooms, sliced
150g button mushrooms, sliced
1/2 cup grated parmesan
1/4 cup chopped fresh parsley
Freshly ground black pepper

1. In a large frying pan heat half the oil and butter; add onions and garlic and cook until the onions are tender. Add the rice and stir through to coat the rice with the onion mixture.
2. Add the wine and cook, stirring, until most of the liquid has absorbed. Transfer mixture to the Rice Cooker cooking pan. Add the hot chicken stock and stir through. Making sure that the exterior of the pan is dry; place into heating vessel.
3. Replace the lid.
4. Depress the automatic control lever to "COOK".
5. When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave the rice in the cooker for 10 minutes at this stage. DO NOT REMOVE LID.

6. Meanwhile heat the remaining oil and butter in a frying pan and cook, stirring until the mushrooms are tender; drain any excess liquid.
7. After the rice has been in the "KEEP WARM" mode for 10 minutes, open the lid. Stir through the mushrooms, parmesan and parsley. Season to taste with black pepper.
8. Serve immediately.

Pilau **(Serves 6)**

1 tablespoon (20g) butter or margarine
2 small onions, peeled and finely chopped
2 green onions, finely sliced
2 cups uncooked white rice
1 x 440g canned corn kernels, drained
1 red capsicum, seeds removed and cut into thin strips
2 1/2 cups (625ml) chicken or vegetable stock

1. Melt butter or margarine in a pan and sauté onions until tender.
2. Add green onions, rice, corn and capsicum. Cook for 2-3 minutes, stirring to coat rice.
3. Transfer rice mixture to Rice Perfect Deluxe 7. Pour stock over rice.
4. Cover and depress lever to "COOK". Allow to stand for 10 minutes. Serve hot.

Pine Nut & Rice Stuffing for Turkey

3.5kg turkey
1 tablespoon butter or margarine
3 onions, peeled and finely chopped
2 cups brown rice, cooked in Rice Perfect Deluxe 7
250g dried apricots, roughly chopped
1 1/2 cups pine nuts, roughly chopped
2 tablespoons brandy

1. Heat butter or margarine in a pan and lightly sauté onions.
2. Combine with remaining ingredients. Place stuffing into cavity of turkey and truss. Bake for approximately 2-2 1/2 hours, at 180°c.

Bacon and Pineapple Stuffing for Chicken

No. 16 chicken
1 cup white or brown rice, cooked in Rice Perfect Deluxe 7
1/3 cup crushed pineapple, well drained
2 rashers bacon, rind removed and roughly chopped
4 green onions, chopped
1 egg
1 teaspoon mixed herbs

1. Combine all ingredients. Place into cavity of chicken and truss.
2. Bake for approximately 1 hour and 20 minutes, or until cooked. Basté chicken with juices throughout baking.

Summer Rice Salad **(Serves 4)**

2 cups brown rice, cooked in Rice Perfect Deluxe 7
1 x 450g canned pineapple pieces in natural juice, reserving 1/4 cup juice for dressing
1 carrot, grated
1 zucchini, sliced
1 small red capsicum, cut into 1.5cm pieces
1/2 cup cashews
1/2 cup sultanas

Dressing

1/4 cup White wine vinegar
1/4 cup honey
1/4 cup pineapple juice
2 tbsp grated ginger
1/4 cup coriander leaf, chopped

1. Place salad ingredients into large bowl. Toss to combine.
2. Combine French dressing, sour cream, pineapple juice and ginger.
3. Pour dressing over salad and toss well. Sprinkle with coriander to serve.

Peachy Rice Crumble **(Serves 4-6)**

2 cups white rice, cooked in Rice Perfect Deluxe 7
1 x 825g canned sliced peaches, drained
3/4 cup sultanas
1 cup orange juice
1/4 cup honey

Topping

80g butter or margarine melted
1/2 cup wholemeal flour
1 cup rolled oats
1/2 cup coconut
1/2 cup brown sugar, firmly packed
1/4 teaspoon cinnamon
1/4 teaspoon mixed spice
1/3 cup slivered almonds

1. Pre-heat oven to 180°C. Grease a 23cm round oven proof dish.
2. Spread rice over base of prepared dish. Arrange peaches and sultanas on top of rice.
3. Combine orange juice and honey in a saucepan. Gently heat, stirring until well combined. Pour over rice and fruit.
4. Combine all topping ingredients. Spread evenly over rice and fruit.
5. Bake for approximately 30 minutes. Serve with custard or ice cream.

Savoury Rice Triangles (Makes approx. 18)

2 teaspoons (10g) butter or margarine
1 onion, finely chopped
1 clove garlic, finely chopped
2 ham steaks, finely chopped
2 cups brown rice, cooked in Rice Perfect Deluxe 7
2 cups frozen mixed vegetables
150g tasty cheese, grated
2 teaspoons curry powder

1. Pre-heat oven to 230°C. Line baking trays with baking paper.
2. Heat butter or margarine in a pan. Lightly sauté onion, garlic and ham.
3. Place in a large bowl and add remaining ingredients. Mix well.
4. Divide each sheet of puff pastry into 4 squares. Lightly brush edges with milk. Place approximately 3 teaspoons of mixture onto one half of pastry. Fold pastry diagonally over filling to form a triangle. Pinch edge firmly to seal.
5. Place triangle onto prepared baking trays. Brush with a little milk. Bake for approximately 15-20 minutes, or until golden brown.

   NOTE: Alternatively, cut out rounds of pastry with a large scone cutter to make small pasties. These are ideal served as an appetiser.

Rice Croquettes (Serves 4)

300g cooked white rice, cooked in Rice Perfect Deluxe 7
1 tablespoon softened butter
1/2 cup ricotta cheese
1 tablespoon parmesan cheese
1 egg
Salt and pepper to taste

For frying:

2 eggs
3 tablespoons milk
1 1/2 cups plain flour
1 1/2 cups bread crumbs
Oil for frying

1. Using fingertips, combine rice and butter in a bowl until the butter is mixed in.
2. Add the mashed ricotta cheese, parmesan, egg, salt and pepper to taste. Fold ingredients with a wooden spoon until well combined.
3. Taking 2 tablespoons full of the mixture in your hand, shape into croquettes, resembling a small sausage.
4. Lightly beat eggs and milk. Roll croquettes in flour, then dip in egg mixture and finally breadcrumbs.
5. Heat oil in a frypan or wok and fry croquettes until golden on all sides. Serve hot with favourite dipping sauce and salad.

Sushi

You will find it a pleasure to be able to make your very own sushi with these simple steps. You will need to use Japanese style sushi rice which is a type of short grain rice and is readily available at good supermarkets.
The cup measurement below is using the cup measure provided with your Rice Perfect Deluxe 7.

Sushi rice

3 cups sushi rice
3 cups water

Sushi Vinegar

1/3 cup rice vinegar
2 1/2 tablespoons sugar
1/4 teaspoon salt

1. Place rice in a fine sieve and wash until the water runs clear. Drain for at least 10 minutes.
2. Place rice in cooking pan. Add 3 cups of water or fill water to number 3 on the cooking bowl. Making sure that the exterior of the pan is dry, place into heating vessel.
3. Replace the lid.
4. Depress the automatic control lever to "COOK".
5. When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave the rice in the cooker for 10 minutes at this stage. **DO NOT REMOVE LID**.
6. Combine sushi vinegar ingredients together; mix well until the sugar dissolves.
7. Spread the rice into a large flat bottomed wooden or plastic bowl or container. Using the rice spoon provided, gently slice through the rice removing any lumps; at the same time gradually pour over sushi vinegar.
8. Use either an electric fan on low or a hand fan; fan the rice until it is almost cool. Continue to gently slice through the rice but don't stir as this will break up the rice grains.
9. Place a clean damp cloth over the rice to prevent it from drying out while making sushi. Rice should be used as soon as possible.
10. Do not put rice in the refrigerator as it will be too hard.

Makes approximately 9 cups of cooked sushi rice.

Making Sushi

Before you make sushi you will need to purchase a bamboo mat for rolling your sushi. For best result lightly dampen your mat before using.

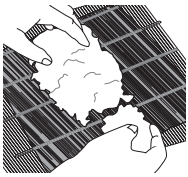
6 sheets toasted seaweed (nori)
Small bowl of cold water with 2 teaspoons rice vinegar
Ready make wasabi paste
Japanese soy sauce to serve

Selection of ingredients listed below for 6 large rolls:

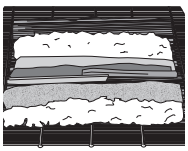
1cm strips sashimi grade tuna or salmon
Cooked prawns, shelled, deveined, halved lengthways
Cooked crabmeat
Pickled daikon, sliced thinly
Lebanese cucumbers, seeds removed sliced thinly
Avocado, sliced thinly
Green onions, sliced into strips lengthways
Snow pea sprouts
Japanese mayonnaise
Pink picked ginger

1. Place a sheet of seaweed, shiny side down onto the dampened bamboo mat.
2. Dip your fingers into the water and scoop approximately 1/6 of the rice onto the centre of the seaweed.
3. Gently spread the rice over the seaweed without pushing down, leave approximately a 3cm strip at the top of the seaweed uncovered. This will help seal the roll after rolling.
4. If using wasabi paste, smear a very small amount across the centre of the rice. Place your choice of ingredients in a row over the wasabi, making sure that the ingredients go to both ends. Don't overfill as the sushi will be too difficult to roll. About 4-5 ingredients per roll is suitable.
5. Starting with the edge closest to you, pick up the mat with your thumb and forefingers and using your remaining fingers hold the filling in place while you start to roll away from you.
6. Roll forward gently but firmly. Moving the bamboo mat out of the way as you roll. Dip finger in water and slightly wet over the uncovered seaweed. Finish rolling, lightly press to shape. Unroll mat.
7. Place roll onto cutting board and using a very sharp knife cut into eight pieces.
8. Repeat with remaining rice, seaweed and fillings.
9. Serve with extra wasabi and Japanese soy sauce.

Makes 6 large rolls (48 pieces)

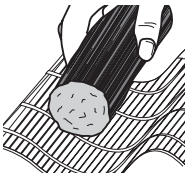


Step 1



Step 2

Step 3



Step 4

Steaming Times

WATER LEVEL (metric cup measures)	TIME
½ cup (125ml)	10-15 minutes
1 cup (250ml)	15-20 minutes
1½ cups (375ml)	20-25 minutes
2 cups (500ml)	30-35 minutes

Note: Steamer will not start until the lid is locked and the lever is depressed, to commence the cook mode.

Steaming Vegetables

For best results when steaming vegetables:

1. Before steaming, thoroughly clean the vegetables. Cut off the stems and peel if desired.
2. Cut pieces to desired size. The smaller the piece the faster that it will cook.
3. To retain vegetable flavour and nutrients steam until just tender, but they should still be slightly firm.
4. Frozen vegetables should be defrosted before steaming.

VEGETABLE	QUANTITY	MINIMUM WATER (1 metric cup = 250ml)	APPROXIMATE COOKING TIME (minutes)
Asparagus	1 bunch (approx. 250g)	1/2	6-8
Beans	250g cut or whole	1/2	8-10
Beetroot	250g whole	2	20-30
Bok Choy	250g	1/2	6-8
Broccoli	350g	1/2	10
Brussel Sprouts	250g	1/2	10
Butternut Pumpkin	250g cut into 3cm pcs	1 1/2	15-20
Cabbage	250g coarsley shredded	1	12
Carrots	250g cut into 3cm pieces	1	15-20
Cauliflower	250g	1/2	10
Corn on the cob	500g whole cob	1	20-25
English Spinach	250g trimmed	1/2	5
Snowpeas	250g whole	1/2	5-7
Button squash	250g whole	1/2	8-12
Peas	250g shelled	1/2	12-15
Potatoes			
1.Chats	500g whole	1 1/2	20-24
2.Red or White	600g - 800g whole	2 1/2	30-36
3.Red or White	500g 3cm pieces	1 1/2	15-20
4.Sweet	500g 3cm pieces	1	12-17
Zucchini	250g sliced	1/2	8
FROZEN VEGETABLES	*Must be defrosted first.	1	12-16
Green beans, lima, broad beans, broccoli, brussel sprouts, carrots, cauliflower, mixed vegetables, peas.			

Steaming Fish and Seafood

For best results when steaming fish and seafood:

1. Place fish in the steamer tray.
2. Add lemon wedges, herbs, spices and seasoning before steaming.
3. Add butter or oils after steaming if desired.
4. Fish is cooked when it flakes easily with a fork.

TYPE	QUANTITY	MINIMUM WATER (1 cup = 250ml)	APPROXIMATE COOKING TIME (minutes)	SUGGESTIONS
Clams and pippies	500g	1	5-8	Steam until just open.
FISH				
1.fillet	500g	1	12	Before cooking brush
2.steak	500g – 2cm thick	1	12-18	lightly with oil & season.
Mussels	500g in the shell	1	8-12	Steam until just open.
Prawns (green)	500g medium in shell	1	12	Steam until just pink.

Steaming Poultry

For best results when steaming poultry:

1. Select pieces of a similar size for even cooking.
2. Cook meat on a single layer.
3. Remove all fat and skin.
4. If you desire colour. Brown the pieces well in a non-stick frypan before steaming.
5. Steam until well done. Check by piercing the thickest part of the poultry. If the juices run clear it is cooked through.
6. Cooking will vary depending on the size of the pieces.

Steaming Poultry

TYPE	QUANTITY	MINIMUM WATER (1 cup = 250ml)	APPROXIMATE COOKING TIME (minutes)	SUGGESTIONS
Breast fillet	500g	1½	12-14	Place the thickest part towards the outside of the basket. Brush with oil and season first.
Pieces – bone in	500g (approx. 4)	1½	15-25	Place the thickest part towards the outside of the basket. Brush with oil and season first.

'Sunbeam', and 'Rice Perfect' are registered trademarks of Sunbeam Corporation.
Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.

© Copyright. SUNBEAM CORPORATION LIMITED 2003.
(INCORPORATED IN N.S.W.) A.C.N. 000 006 771

Sunbeam Corporation is a division of GUD Holdings Ltd.

For more information or advice on this or any other Sunbeam appliance, visit **www.sunbeam.com.au** or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059
New Zealand (09) 912 0747.

Consumer Hotline

Australia

1800 025 059

New Zealand

(09) 912 0747

www.sunbeam.com.au

Sunbeam is a registered Trademark of Sunbeam Corporation Limited. ACN 000 006 771.

© Sunbeam Corporation Limited 2003.